The Power of Choice

Helping Youth Make Healthy Eating and Fitness Decisions

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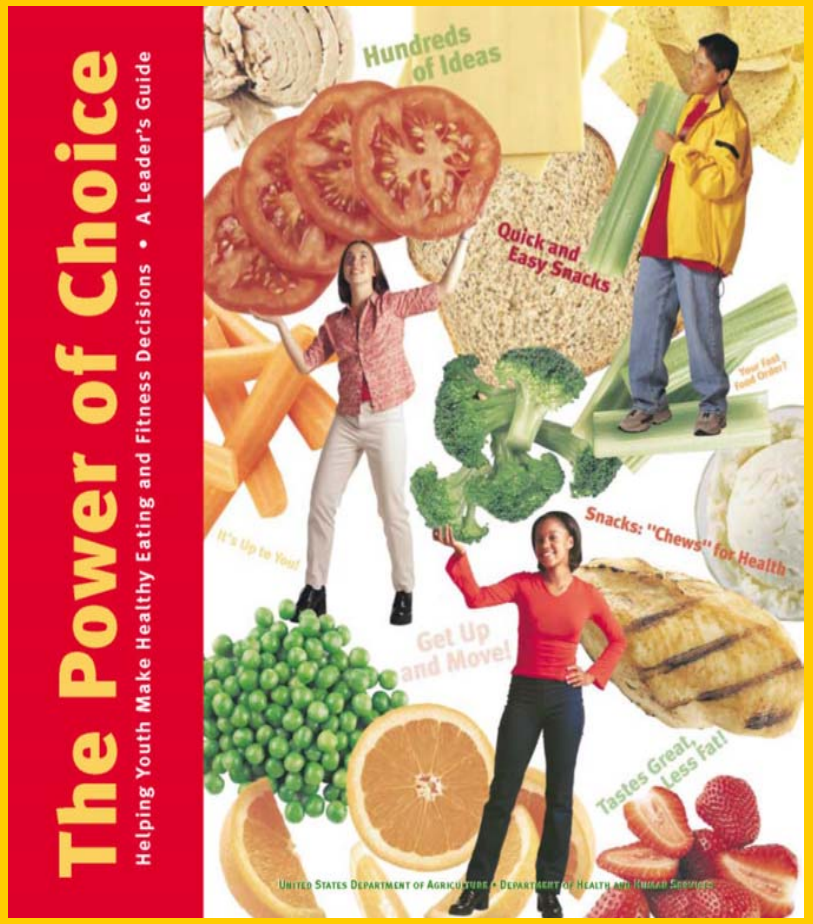
A Leader's Guide



The Power of Choice: Who developed it?

Jointly developed by:

- **DHHS - Food and Drug Administration**
- **USDA - Food and Nutrition Service**

The Power of Choice: What Is It?

A Leader's Guide

for adults working in After School Programs.

It provides:

- FUN Ways to build skills
- PRACTICE in making healthy food, fitness, and food safety choices.
- OCCASIONS for personal development

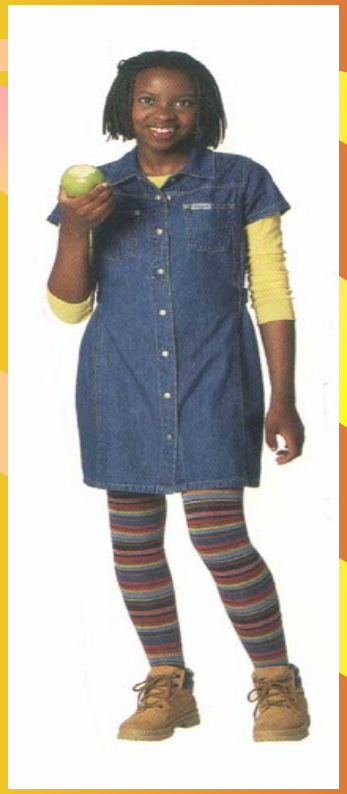
The Power of Choice: Target Group

Preteens

(ages 11 to 13)

participating in

out-of-school programs



The Power of Choice: Kids' Health Risks

Focuses on unique needs of preteens

- Many kids are flunking eating!
- Childhood obesity is increasing.
- Activity levels drop around age 13.

The Power of Choice:

Contents:

- **How it Works** & How to Use It
- **Activities** for 10 Sessions
- **Reproducible** Masters & Posters
- **Snack Reimbursement** guidance
- **CD with Full Text** – and:

  A wealth of enrichment resources including music and a video

5 Key Topics

1) It's Up to YOU (Your Values)
2) Get Up and Move (Being Active)
3) Helpings vs Servings (The Pyramid)
4) Are you Label Able? (The Label)
5) Taste Great, Less Fat (Fats in Food)

5 Topics Reinforce

6) **Make Drinks Count** (Choose sensibly)
7) **Snacks: *'Chews'* for Health** (How to choose)
8) **Your Fast Food Order?** (How much fat?)
9) **Urge to Splurge?** **(Hunger & emotions)**
10) **What's New?** **(Compare & try new foods)**

What Happens?

At each session the kids -

- **Discuss** **a topic**
  (ie values/labels/fats/etc)
- **Participate** **in several activities, including *moving***
- **Make and Eat** **a snack**
- **Summarize** **with a personal action plan**

(USDA's snack reimbursement is explained for Leaders)

Typical Session

Topic 5: ***Taste Great, Less Fat***

- **Scoop & measure fat**
  (Using Crisco, paperclips and food labels)
- **Use labels to discuss** choices for "toppings"
  (cheese, salsa, sour cream, etc.)
- **Apply the *"5%-20% DV Guide"***
- **Dance** to the *'Salsa'* (or other music)
- **Eat a baked potato,** with a "topping"
- **Discuss** their personal action plan

Overview of the Educational Content

Each session has one or more:

Empowerment messages:

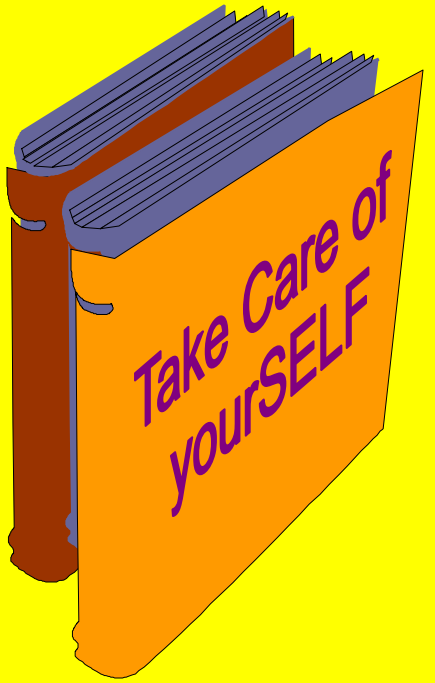
"Check the label to compare the amount and types of fats in foods"

Skill-based outcomes:

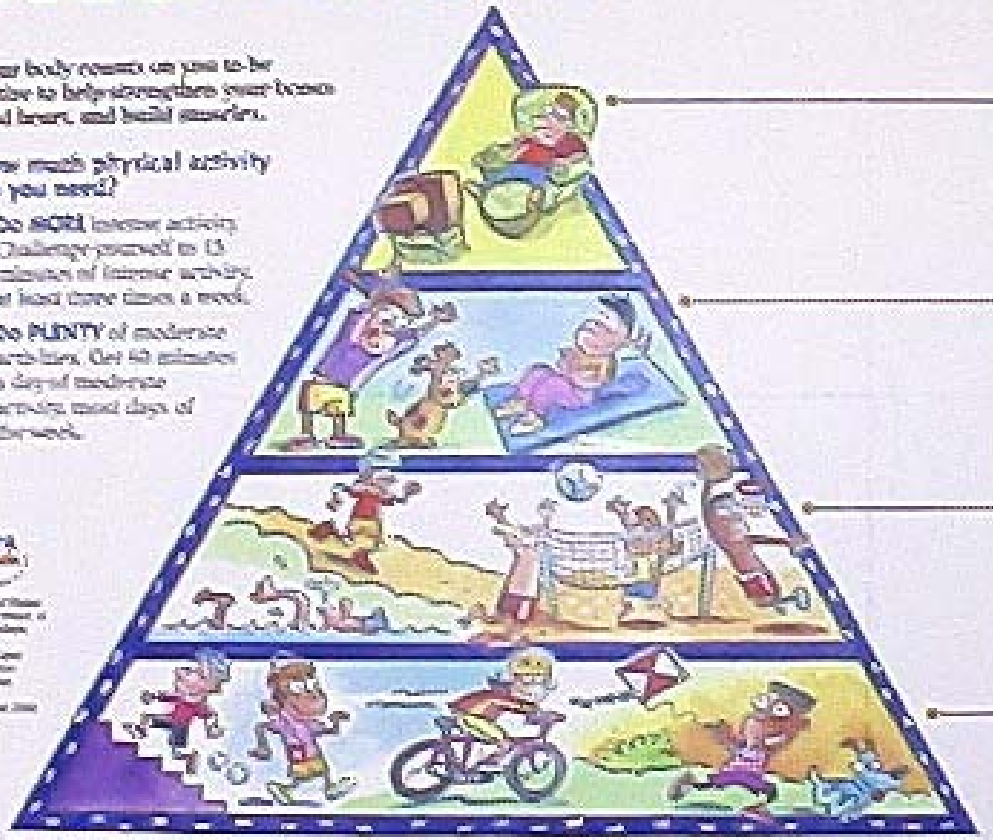
"Use the 5%-20% Guide to choose foods lower in fats"

The Power of Choice: "Power Tools"

- **4 Posters**
- Recipe booklet
- 170+ Nutrition Fact cards
- Builds on FNS' *yourSELF* middle school messages



Move It! *Choose your FUN!*



Do...

LESS

Spend less time sitting around watching TV or using the computer.

ENOUGH

Do enough strengthening activities to keep your muscles firm.

MORE

Do more intense activities that warm you up and make you glow!

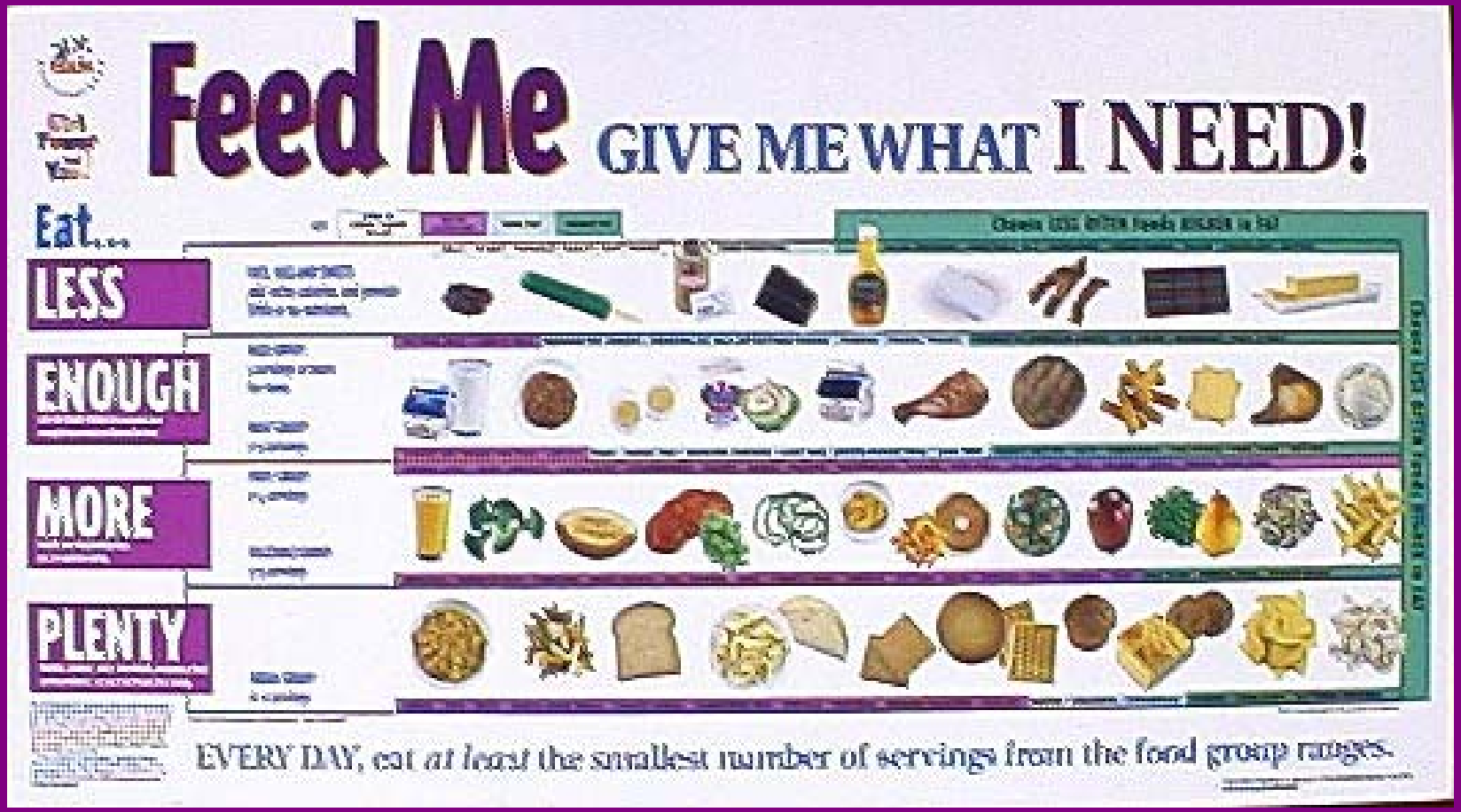
PLENTY

Walk, wiggle, dance, climb the stairs, just keep moving whenever you can.

Your body needs you to be active to help strengthen your bones and heart, and build muscles.

How much physical activity do you need?

- **Do some** intense activity. Challenge yourself to 15 minutes of intense activity, at least three times a week.
- **Do plenty** of moderate activities. Get 60 minutes a day of moderate activity most days of the week.


Feed Me
GIVE ME WHAT I NEED!
Eat...
LESS
ENOUGH
MORE
PLENTY
EVERY DAY, eat at least the smallest number of servings from the food group ranges.


READ IT before you EAT IT!
How many servings are you eating?
Nutrition Facts
Get What You Need!
Get LESS
5% or less is low
20% or more is high
Get ENOUGH
5% or less is low
20% or more is high
What's the Best Choice for You?
Use the Nutrition Facts Label to Make Choices

FIGHT BAC!

Keep Food Safe From Bacteria™

For More Food Safety Information, Visit our Website:
http://schoolmeals.nal.usda.gov

The Power of Choice: Supplemental Content

The CD contains:

- **FULL TEXT** - for printing-out at your desk
- **MORE snack ideas** & quick activities
- **Basics of what** young teens need
- **Tips for** meaningful communication
- **How to** get families involved
- **Personal Power Tips** for Leaders Only

and… a 27 minute video

The Power of Choice: Showing by doing…

The CD contains:

It's All About You

It shows Leaders, and other adults, how to make healthy choices for their own benefit and how they can be the right kind of role model for kids.

The Power of Choice: Distribution

Text will be downloadable from the internet

15,000 copies to be printed
available xxxx date

Single FREE copies –
order from Team Nutrition webpage

The Power of Choice:

Ordering Info:

Watch the
Team Nutrition Web pages:

http://www.fns.usda.gov/tn/

The Power of Choice:

In Closing…

Everything you NEED -

- Hundreds of Ideas
- Quick & Easy Snacks
- 10 Session Topics
- "Getting-ready" Help

Empowers - Motivates - Build Skills

POWER OF CHOICE - RAP

Everybody's got a different groove-
Different way to eat
Different way to move
And what we do makes us we are
Do it right and you'll go far

Listen up now –
We all dance to a different beat
So get out there and move your feet
When you work up an appetite
Choose something and choose it right.

(Chorus)

You've got the power of choice!
It's a powerful voice
When you know how to use it, use it!
You have something to show
Got your own way to go
and the power to choose it.
Choose It!